

# Bedford Youth & Family Services

Winter Newsletter  
January 16, 2008

Town of Bedford, Town Center, 12 Mudge Way, Bedford, MA 01730-2171

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Web Site <http://www.town.bedford.ma.us/youth/youthindex.html>



## Building the Strength Within: Promoting Adolescent Resilience and Emotional Well-Being - February 4, 2008

### Special points of interest:

- *Building the Strength Within: Promoting Adolescent Resilience and Emotional Well-Being - Feb. 4, 2008*
- *JGMS After School Winter programming*
- *WIC Nutrition Program Dates for 2008*
- *Veteran's Agent Hours*
- *Peer Mentoring Program*
- *Are You Indulging Your Child? 2 -Part Series - March 19 and April 2, 2008*
- *Fuel Assistance Available*
- *Job Match Program*
- *BYFS Staff Query List*

Building inner strength and promoting adolescent resilience and emotional well-being is no small task. Parents often have their hands full just maintaining conversation with their teenagers amidst busy schedules and development changes. Resilience is the ability to cope with stress and develops differently in some teens than others. Resilience also relates to positive stress management.

Come find out how to do that with **Dr. Nadja Reilly** on **Monday, February 4th, 2008**, in the **Flint Room** at **Bedford Town Center**. The event begins at **7:00 p.m.** and runs until 8:30 p.m.

The fourth speaker in the Bedford Parent Education Series, Dr. Reilly is a licensed clinical psychologist with expertise in childhood and adolescent depression, the co-existence of medical and psychiatric disorders in children and adolescents and

multiculturalism. Reilly is a staff psychologist in the Department of Psychiatry at Children's Hospital in Boston and currently directs a five-year depression prevention initiative through the Children's Hospital Neighborhood Partnership Program. She is the editor of Preventing Depression: A Toolkit for Schools and conducts school-wide prevention initiatives, teacher/guidance training, and parent meetings. Reilly is currently conducting a year long statewide training program for school nurses on depression prevention in schools.

While parents of kids of all ages will find some take away material and are encouraged to attend, this free event is geared mostly for parents of middle and high school age youth. Parents who have attended the three previous parent education lectures have

### Can your Teen Handle It?

praised the high caliber of the speakers as well as the tidbits of suggestions and advice they walk away with.

This lecture is part of a year long free parent education series funded through a mini-grant from the Northwest Suburban Health Alliance/CHNA 15 DoN funds from Lahey Clinic and is being coordinated by Bedford Youth and Family Services in conjunction with the school parent associations. Questions about the series may be directed to 781-275-7727.

Check out other parent education opportunities on page 3!

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## JGMS Winter After School Program

Bedford Youth and Family Services in collaboration with John Glenn Middle School is gearing up for another successful winter after school program with a focus on the most popular activities: Babysitter Training with Carol Eaton, School Scrabble with Lisa Rainen, Fitness Room After School with Libbey Beinert, Baking Fun with 3 High School Mentor

Instructors, and Medieval Sword fighting with a Certified Guard Up Instructor.

Monday classes start January 28th and Wednesday classes start January 30th. The registration deadline is January 25th. Space is limited; be sure to sign up as soon as possible to secure your spot. Flyers and registrations were sent out to families during

the last week of December. If you misplaced your copy, you can find our flyer and a registration form at: <http://www.town.bedford.ma.us/youth/teenpage2/middle%20school%20after%20school.html>. Also, feel free to call Jessica Santos at 781-275-7727 ext. 262 or email at [jsantos@town.bedford.ma.us](mailto:jsantos@town.bedford.ma.us) with any questions or concerns.



## *The Bedford WIC Program will be one year old in January 2008!*

### WIC Nutrition Program in Bedford

#### 2008 DATES:

JANUARY 9  
FEBRUARY 13  
MARCH 12  
APRIL 9  
MAY 14  
JUNE 11  
JULY 9  
AUGUST 13  
SEPTEMBER 10  
OCTOBER 8  
NOVEMBER 12  
DECEMBER 10

You can participate in WIC, Women,  
Infants and Children, if you

- ▶ live in Massachusetts
- ▶ have a nutritional need (WIC Nutritionist will help you determine this);
- ▶ have a child under age 5 or are a pregnant, breastfeeding, or postpartum woman; have a family income less than the WIC guidelines.
- ▶ if you are pregnant, count yourself as 2. Foster kids under age 5 are automatically eligible for WIC. For more information about WIC, please call 617-666-5059 or 1-800-WIC-1007.

# IN HOUSEHOLD	ANNUAL INCOME
2	\$24,420
3	30,710
4	37,000
5	43,290
and so on up	
8	62,160

Main Number: 781/275-7727

Our Staff: Director, Sue Baldauf, x263

Administrative Assistant, Fran Stander, x267

Youth Development/Prevention, Jessica Santos, x262

Veteran's Agent, Bob Hogan, 781/275-1328 or at Burlington office at 781/270-1959

Eliot Clinical Staff: Debbie Hardy, Lynne Chapas x261 Jessica Smith, x260

### Veteran's Agent Hours

Veteran's  
Agent  
Hours:  
Thursdays,  
from  
2:00 p.m.  
to  
7:00 p.m.

The Veterans Office is located in Town Center Building in Room 210. Town Center is the yellow building directly behind Bedford Town Hall. Any Bedford veteran or family member of a veteran with questions about veteran's benefits and services can drop by the office on Thursdays between 2 and 7 p.m.. In an emergency, Bedford veterans can call Bob Hogan in the Burlington office at 781/270-1960. The

telephone number in Bedford is 781/275-1328 and messages can be left any time.



#### Newsletter Credits:

Layout & Design	Fran Stander	
Editor	Sue Baldauf	
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## Peer Mentoring Program—Transitioning between JGMS and BHS

We have an exciting program called the Peer Mentoring Program that started last year. The transition between Middle School and High School is an important one and so for that reason we have chosen to target this age group and will be training High School aged youth to mentor Middle School aged youth. We already have mentees referred and are looking for eight more High School students to start a training session this winter.

This reciprocal relationship strengthens not only the Middle School aged youth but the High School aged youth as well.

Mentees will get to know someone from the High School - a culture they will be immersed in soon - who can be a role model and confidant. Mentors will learn leadership and job skills, how to develop and organize activities, and how important relationships outside one's own peer group are in building community.

High School aged mentors will be paired with one to six mentees depending upon the mentor's skills and maturity. The mentors will develop activities to do with their mentees with BYFS help and supervision and will do these activities each week after school,

mentees will be expected to pay \$25 per quarter. This money will be used for supplies and mentor incentives. An added bonus is that mentors will receive a \$10 stipend per activity they attend per quarter for their hard work; the stipend may also be waived in lieu of community service.

**All youths at JGMS and BHS are encouraged to apply!** There are 12 mentor spaces and 40 mentee spaces. Any youth can benefit from forming a new and healthy relationship. Referrals may be made by email, phone, or paper.

**Jessica Santos can be reached at  
781-275-7727 x262  
for more questions or suggestions**

To refer or if you have questions or comments please contact:

Jessica Santos at Bedford Youth and Family Services, 781-275-7727 x262 or at [jsantos@](mailto:jsantos@)

## Parenting Education Series - Are You Indulging Your Child?

Raising kids of character is no easy task. While all parents want what is best for their children and with the best of intentions try to provide that, this approach can actually backfire into indulgence and may increase the chance that a child will be disappointed or depressed at a later stage.

### A Book Group Discussion

**\*Too Much of A Good Thing: Raising Kids of Character in an Indulgent Age** by Dan Kindlon

Discussion Leader: BYFS Staff and Committee

When: Weds., March 19, 2008

Time: 7:00 - 8:30 p.m.

Location: Mudge Room, Bedford Town Center

Target Audience: Late Elementary & Middle School Age Parents but all Parents Welcome!

Read the book in advance of this meeting and the presentation by the author, Dr. Dan Kindlon on April 2nd. Explore ways to raise children so they learn to value what is important to you. Think about the issues and how you can deal with them in a productive way in your own household. What are some of the questions we should be asking Dr. Kindlon when he comes to speak. \*The book is available at Bedford Public Library.

♦♦♦

**Too Much of a Good Thing: Raising Kids of Character in an Indulgent Age**

Speaker: Dr. Dan Kindlon

When: Wednesday, April 2, 2008

Time: 7:30 - 9:00 p.m.

Location: Multipurpose Room, Bedford Town Hall.

Location: Multipurpose Room, Bedford Town Hall

Target Audience: Late Elementary & Middle School Age Parents but all Parents Welcome!

Come find out if the number of chores you require, the allowance you give, or how much you spent on holiday gifts or winter vacation may be creating an indulged child.

Based on a study entitled Parenting Practices at the Millennium (PPM), Harvard Psychologist and author Dr. Dan Kindlon will offer tools to help guide parents toward how to know the proper balance. He identifies seven syndromes of indulgence, patterns of behavior that can get in the way of healthy growth and development.

### Two-Part Series!

Dr. Dan Kindlon is a clinical research psychologist specializing in behavioral problems of children and adolescents. He teaches child psychology at Harvard University, where he has been a faculty member since 1985. With 20+ years of clinical practice Dr. Kindlon has focused on the diagnosis and treatment of emotional problems, learning disabilities and ADD. He is the author of numerous books including *Raising Cain: Protecting The Emotional Life of Boys*. (Co-authored with Michael Thompson)

GRANDPARENTS ARE  
WELCOME TO ATTEND  
ALL PROGRAMS



The Fuel Assistance Program provides a benefit for home heating for Bedford residents of all ages who meet income guidelines.

Household Size	Yearly Gross Income
1	\$20,420
2	\$27,380
3	\$34,340
4	\$41,300
5	\$48,260
6 or more	Ranges from \$55,220

## Fuel Assistance Available

### The Fuel Assistance Program may be for you!

Those who enroll in the Fuel Assistance Program may also be eligible for free home weatherization, free heating system repair or replacement, free energy-saving devices, and discounts on some utility bills.

To apply, Bedford residents under age 60 should call Bedford Youth and Family Services (YFS) at 781/275-7727 and those 60 or over should call the Bedford Council on Aging (COA) at 781/275-6825. Please be assured that all

### Could You Use Help with Home Heating Bills?

information will be held in the strictest confidence. Your taxes paid for this program, so if you think you qualify, apply for the benefits you deserve!

Applications will be accepted until April 1, 2008.

## Job Match - Applications on line or BYFS office

**29 JOB MATCHES WERE MADE BETWEEN STUDENTS & RESIDENTS FROM JULY 2007 TO DECEMBER 2007**

Do you know a student from middle or high school interested in making some money without getting locked into a permanent work schedule?

They may find a great job with Bedford Youth and Family Services (BYFS) matching students with jobs such as child care, yard work, snow shoveling or odd jobs.

They can come in and fill out a Job Match they application or download it from our website.

They can set their own goals! Set their own hours!

Though youth are never obligated to accept a position, once they have, follow-through is expected.

Bedford residents value this resource and youth benefit in

many ways as well. Our Job Match participants have time after school and weekends to do activities as well as school work without over-committing themselves. See if it works for you or your youth!

If you have a job for a youth or have questions, contact Fran Stander, Bedford Youth and Family Services, Town Center (yellow bldg.), 12 Mudge Way or call 781/275-7727 x267.

## BYFS Staff Query List

**Main Phone number: 781/275-7727**

**Sue Baldauf, Director, x263**

Counseling referrals or questions ~ General departmental questions ~ Community concern ~ Issue related to Violence Prevention Coalition, BCP or Bedford Community Partnership for Children, Business Diversity training, Progress Fund ~ A Parent Education Topic we need to address or if you are unsure who to ask

**Fran Stander, Administrative Assistant, x267**

General questions ~ General community & Resource information ~ Job Match Program ~ Upcoming Events & Press Releases

**Jessica Santos, Youth Development/Prevention Services, x262**

JGMS After School Program ~ Peer Mentoring Program ~ Youth Website ~ Any other youth related issue or concern ~ Any issue related to alcohol, tobacco, or drug education ~ Questions about the diversion programs ~ The Youth Risk Behavior Survey administered in collaboration with the school department ~ Safe Homes Program

**Bob Hogan, Veterans Agent,**

781-275-1328 Thursdays 2:00-7:00 p.m. 781/270-1959 Monday-Friday  
Any veterans related question

**Eliot Counselors**

**Debby Hardy & Lynne Chapas, x261**  
**Jessica Smith x260**

Question about a family in counseling if you have a signed release

